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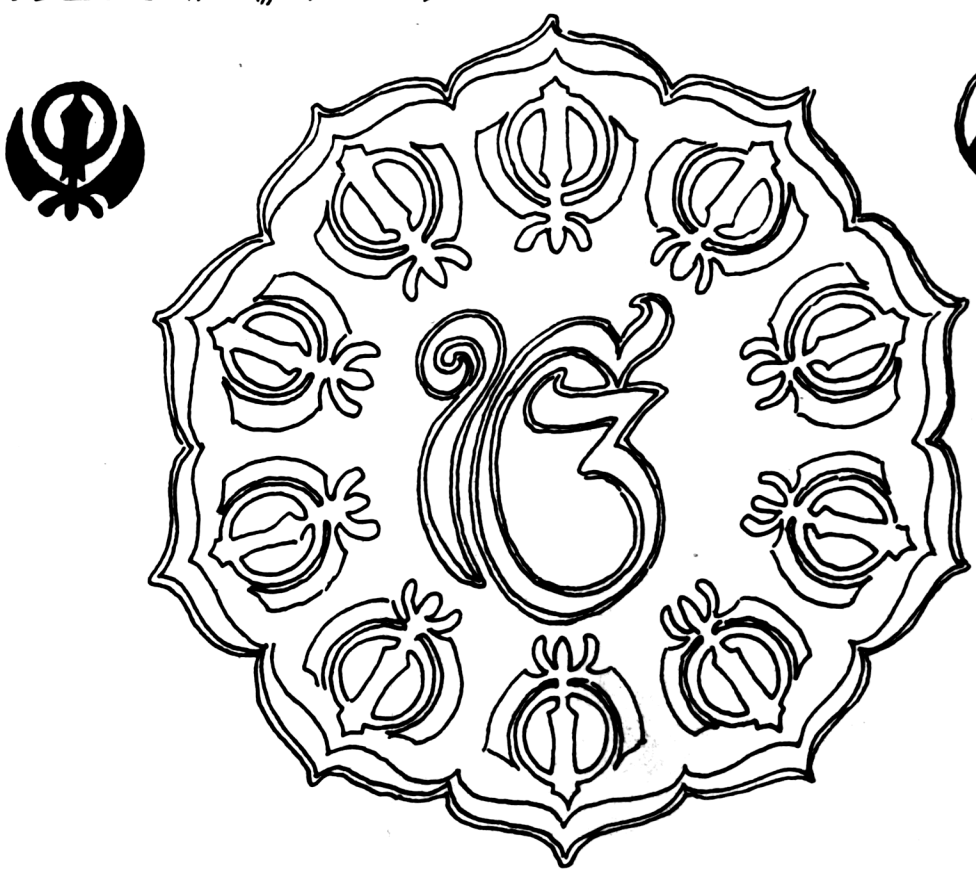
# KUNDALINI RESEARCH INSTITUTE NEWSLETTER



## DEDICATION

This newsletter is meant to provide a source of carefully checked technical information on Kundalini Yoga and related topics for the Aquarian Age. I hope that readers will contribute to a dialogue from the newsletter by letting the staff know what you like to read about. If there is more information you have on any of the topics covered that you feel should be included, please send it in to us so that the final book form of this is complete.

The newsletter is dedicated to Yogi Bhajan and the spirit of the infinite he sows wherever he may be. To his humility in serving the cosmic truths he has been blessed to share with all.

It is our hope that this newsletter may in some small way facilitate the practice and understanding of that Truth.

In love of the Nam,

Gurucharan Singh

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EK ONG KAR SAT NAM SIRI WHAE GURU

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# ON TEACHERS, TEACHING AND ASHRAMS

There is a universal rhythm in Kundalini Yoga that must be recognized by the student teacher. If its natural timing and rhythm is not respected you will not be able to teach. The power to teach, the blessing of that divine energy flow will diminish from neglect and ill care. The energy you are working with is the infinite divine potential of man's consciousness. It is the atomic energy that directs the central nucleus of his being. So it is with thankfulness we teach and practice the scientific techniques Yogiji has shared with us, to safely channelize that energy.

## TEACHING

The exercises you teach should always be done in "sets." A set is made up of those exercises that are related to one another in such a way that their individual effects are complimentary and lead to a total balance in consciousness. Only sets of this nature should be taught. Exercises that compliment each other are those that balance the pressure on the body. For example, if cobra pose, or any of its variations is given, it should be followed by something like the plough pose or baby pose where the spine experiences an adequate bend in the compensating direction. In order to feel balanced at the end of the series, the exercises should progress from the lower centers systematically to the higher centers. Yogi Bhajan has taught so many different sets or exercises that it is simple to choose one of these sets to give for a class. Random exercises or creations of your fertile imaginations should not be taught as Kundalini Yoga. Even when the exercises are graciously taught with an awareness of their sequence of energy, the class should last one hour, not longer. In one of his U.C.L.A. lectures, Yogiji said (Paraphrased):

> If I'm sitting here teaching, the energy is controlled and you cannot freak out. There's no chance. That's why I can give you the hardest exercises. But when you go home to practice on your own, or when you teach a class, then always use a simple situation: take any one set and practice it.
>
> There are always three exercises with a relaxation. That's all it takes. It takes 3, 3, 3 equals 9 minutes plus 1 minute. We have to extend it to 45 minutes and then include 15 minutes of chanting and that's it. We don't teach a class more than an hour anywhere. Some kids start freaking out, you know. They give too hard a class and let people just get into it...it's too much. After a little while they found they couldn't teach anymore. It's a very universal rhythm in the whole thing. The idea is, the unfolding self is to know the Self. All the self requires is to relax.
>
> I don't care if you are a Christian, you are a Hindu, you are a Buddhist, you are this or that...All I care is that you are a human being. And if you are a human being, do you know what is your nucleus? And do you know as a human being you should be able to relax at will? And if you do not know as a human being when you can relax, you are not a human being at all. I'm sorry to make this state-

ment, but that's the reality.

So the idea a student teacher should have while teaching a class is not to blow up the students with energy, but to truthfully, clearly and humbly transmit a technique that allows them to gr dually build themselves up to be relaxed, be healthy, you know the rest. "In Kundalini Yoga we prepare the ground, sow the seed, it sprouts; we trim it, let it grow. There's no ending it. And no exercise longer than three minutes." So just because Yogi Bhajan can teach long kriya does not mean you should try to extend the time of individual exercises in your classes beyond the three minutes which is normally the maximum time given with a few exceptions.

To teach a balanced class you can usually take a set of exercises directly from the class given in the teacher's kit to extend for the full length of the class. One main exercise with two variations could be given to cover a time period of 15 minutes. For example:

Lie on your back and lift your left leg 60°, hold with long deep breathing for 3 minutes. Then the same with right leg for 3 minutes. Then hold both legs up for 3 minutes. Follow this with 5 minutes rest. Then have the students sit up for 1 minute of rest and give either a repeat of this sequence or a complimentary set of three exercises followed by rest and again by another three. This is 45 minutes of exercise. Finish with 15 minutes of chanting, relaxation and meditation.

You can always give less exercise and more chanting and meditation, but never give more than 45 minutes of actual kundalini yoga efforts.

Give adequate rest between exercises. Never forget this polarity of strenuous exercise. Relaxation of 1 minute or more can be interspersed between the 3 minute exercises, particularly if they are difficult ones. This time allows your blood to thoroughly mix and distribute the secretions you have stimulated. As the blood chemistry allows different states of consciousness to exist, the relaxation allows your mind to consolidate the altered consciousness and enjoy it. The rest also relieves many aches and pains that would otherwise develop.

THE TEACHER

A good teacher does more than just guide an exercise class. You are to inspire, to serve and instruct people in the whole path of righteousness. Yoga is a total commitment to totality in totality and mother Adi Shakti will not tolerate unrighteousness in those who deal directly with her Kundalini Shakti power. The rest periods are a good opportunity (if not overdone) to talk about the most important and essential aspects of the way of life that must go along with the diet, the exercise and the chanting. The "yams" and "niyams" are essential to success in Kundalini Yoga. You should well understand the need for the highest ethical standards to reach God. If not, please go back to the regional training center or 3HO International Headquarters for training. Kundalini Yoga requires a purification of the self! Otherwise, the increased voltage and potential in the individual cannot be properly channelized. You should all have read How to Know God by Swami Prabhavanda and Christopher Isherwood; Guru for the Aquarian Age by Sardarni Premka Kaur;

We know you are not perfect.

No one is. But as a student teacher of Kundalini Yoga you cannot afford to lose your temper, you cannot afford to forget your humility, you cannot afford to live in fear or insecurity. For the minute you sit down in front of a class, no matter what kind of idiot you may be, you immediately represent and symbolize a "Teacher." In fact, you are the channel for the Divine Teacher, and the representative of Yogi Bhajan and the whole 3HO way of life and all 158,000 brothers and sisters in the 3HO family. You have to live these teachings in every moment and movement of life to illustrate and prove their validity. If you can't make a sincere, honest effort to do that, then you should find something else to do and not presume to be a student teacher and devotee of Yogi Bhajan.

Speaking of Yogi Bhajan, it is only by his divine grace that any of us is able to teach Kundalini Yoga. As a master of Kundalini Yoga, he has imparted to us this privilege and the vibration to function as student teachers under the blessing of Ong Namo Guru Dev Namo. Do not be fooled and think you are anything by yourself. Yogiji has given and given of himself to us. Since it is his energy, we must respect and love the way he chooses to channelize it. In Tantric Yoga, for example, please remember that the only person in the world that can presently teach this science is the Mahan Tantric, Yogi Bhajan.

Some teachers to show off or feel popular with students, or for whatever other reasons, have taught exercises from Tantric Courses or have invented Venus Kriyas. This is unfortunate for them as well as for their students. It is a scientific and spiritual necessity that no Venus Kriyas whatsoever be taught in any class. There was some confusion about which ones to teach, if any, since Yogiji has given several in Kundalini Yoga classes. But after checking with him, it was only because he was physically present that these were taught. So without his physical presence, they should not be given, even though some were included in past teacher's kits. The difficulty lies in the nature of Tantra. In those exercises between male and female, the opposite polarities are so attractive that the auras of the two people blend and merge. In this process, the subconscious gets stimulated and begins to clean out. The Mahan Tantric regulates the release of emotional energy and insures properly so as not to lead to unexpected after effects. Unless you are the Mahan Tantric, you do not have the power and vision to do this, so don't pretend you do. Yogiji wants us all to be ten times greater then he! But he doesn't mean that you should overextend yourself beyond the areas in which you can properly function.

## THE ASHRAM

If you are running an ashram, remember that the ashramites are not your slaves or employees... they are in fact equals and although you have the responsibility and authority to run the ashram, if you fail to take into respect and consideration the God within them, you will fail in your duty to inspire and guide them. Even Yogiji discusses and consults with his staff on many issues so that they will be part of the family. You must earn the respect and position of leadership that you

are in by being the most loving, the most compassionate, but "without giving an inch." In other words, never compromise on principle, but do not be dictatorial.

Everyone in the ashram should participate in a morning group sadhana, since the purpose of an ashram is to build group consciousness. It's just that simple. If someone wishes to do an individual sadhana before the group's, that is beautiful. If people refuse to participate in the group's most basic requirement, then they can never grow into that next step in evolution that leads to cosmic consciousness. On the same basis, everyone should eat meals together whenever feasible. It is in praising the holy names of God and eating together that harmony and communication are kept flowing.

When running ashram intensives, for the community, follow the same guidelines of class teaching as in normal classes. You may give more hours a day, but intersperse the exercise with classes on food, massage, the gunas, etc. Pushing students 31 minutes or an hour at a time through kriya after kriya is insanity, not good yoga. For even if the students get very "high" they must build there auras gradually to maintain that height. There is no such thing as three 31 minute kriyas taught next to each other. Be mellow.

Talk to your students. Make known your aspirations and your ideals for the 3HO family of which you are a part, and what you want you ashram to be, and then make it that! Is it not obvious why Yogiji has had the ashrams named "Guru Ram Das Ashram"? The house of one of the greatest souls who ever lived must be a house of divine love and service. humility and dignity.

In each of you I have seen such divine qualities that I know the future holds great joy and fulfillment for us all as we share in the manifestation of these attributes in you, who are the leaders of the America of the Aquarian Age.

You have much work to do between now and 2008, when astrologically the Aquarian Age is established. Now is the time we must prepare ourselves and prepare our families to sustain this new and glorious vibration. And it shall happen...and you are the ones, in your little individual groups of 3 or 5 or 10 or 40 people scattered across this nation who are making it happen. I bow to the power of the Holy Nam to transform men's lives and to bring us all the Oneness within the One. We are great in numbers now (approximately 158,000 in over 101 centers) and we have to purify and strengthen ourselves and bring others along to that consciousness to cross over these next few years past the critical year of 1976.

I know with the blessing of God and Guru, with the infinite love and patience of Yogi Bhajan, we are going to make the vibrations of this world echo to the mighty roar of the voices of His devotees raised in praise to His Holy Nam.

May God bless you and make you Healthy, Happy and Holy! (Isn't it comforting to know that in fact yesterday's greatest sinners have become today's greatest saints!?)

With infinite love and gratitude to you all for your love and prayers, we are, in the name of the Cosmos which prevails through everyBODY and the Holy Nam which sustains the world,

Humbly yours,
Shakti Parwha Kaur,
Singh Sahib Gurucharan Singh

## DYNAMIC DUO

There are many kriyas taught in Kundalini Yoga. Sometimes we get confused about which ones to practice or we forget to practice basics because we become enamoured with our desire for the "new." For overall balance of the body nerves and glands as well as the psycho-electromagnetic field we have a dynamic duo of kriyas: sat kriya and kirtan kriya.

Sat kriya should be practiced every morning. It massages all the internal organs, stimulates the release of navel energy, opens the spine to an easy flow of prana and spinal fluid, and implants the bij mantra "sat nam" in the subconscious.

Many illnesses come from a lack of coordination or timing between the glands or organs. If your stomach secreted acids every time you sneezed rather than when you ate, life would be miserable. The timing between different parts of the body is often poor. It has been shown that even cancer can result from it. The navel point stimulation and rhythmic breathing and motion in sat kriya coordinates the timing of your entire system. It is an exercise that increases sexual potency while transforming excess sexual energy into creative expressions through the higher chakras. What a different world this would be if everybody practiced even this one exercise every day!

To practice sat kriya, sit on your heels on a soft mat or sheepskin. Stretch your arms straight up over your head, with the upper arm hugging your ears. Put the palms flat together. If you have had many drugs, or sickness or weak nerves, interlock all the fingers except the forefingers which remain pointed straight up. Keep the spine straight and chin locked in.

In a regular rhythm begin to vibrate the bij mantra SAT NAM. When you say "SAT," pull the root lock and diaphragm lock. Pull the rectum, sex organ and navel point in and lift the diaphragm up. This is a quick and definite pull but the spine stays straight. Use only the muscles you need. Some people pull the lock from the leg muscles. It should be pulled from the navel point. On "NAM" the locks are relaxed. The rhythm should be constant and your concentration through the brow point from the navel to top of the head. Do not go so fast in your rhythm that you can not fully pull the locks. An average rhthym is one SAT-NAM per 1½ seconds.

The second kriya in the dynamic duo is kirtan kriya. To practice it sit straight in easy pose. Meditate at

your brow point and produce the five primal sounds or Panj Shabad--S,T,N,M,A--in the original Word form:

SA-infinity, cosmos, beginning
TA-life, existence
NA-death
MA-rebirth

This is the cycle of creation. From the infinite comes life and individual existence. From life comes death or change. From death comes the rebirth of consciousness to the joy of the infinite which through compassion leads back to life. This sound current in terms of music is represented this way:

Each repetition of the entire mantra takes 3 - 4 seconds.

As you chant your elbows are straight and you continuously touch each fingertip in turn to the tip of the thumb.

On "SA" touch 1st, Jupiter finger to thumb.
On "TA" touch 2nd, Saturn finger to thumb.
On "NA" touch 3rd, Sun finger to thumb.
On "MA" touch 4th, (little) finger to thumb.

Then begin again on the first finger. Each time you close a mudra by joining the thumb with a finger your ego "seals" the effect of that mudra in your consciousness.

The effects are as follows:

| Sign | Finger | Name | Effect |
|---|---|---|---|
| ♃ | 1st | gyan mudra | knowledge |
| ♄ | 2nd | shani mudra | wisdom, intelligence, and patience |
| ☉ | 3rd | surya mudra | vitality--energy of life |
| ☿ | 4th | bhudi mudra | ability to communicate |

Practicing this chant brings a total mental balance to the individual psyche. As you vibrate on each finger tip you alternate your electrical polarties. The index and ring fingers are negative electrically, relative to the other fingers. This causes a balance in the electromagnetic projection of the aura.

There are two more facets to this kriya. First, when you chant it, chant in the three languages of consciousness:

human--things, world--normal or loud
lovers--longing to belong -- strong whisper
divine--infinity -- silent but mentally

When you begin the kriya start in human sound for, say five minutes then begin to whisper for five minutes and then go deep into the sound silently. You can vibrate in silence for say eleven minutes. Then come back to a whisper, then loud. Inhale and exhale.

To make sure you are out of the meditation stretch your hand up as far as you can and

and spread them wide. Stretch the spine and take several deep breaths. Relax.

If during the silent part of the meditation your mind wanders uncontrollaby, go back to whisper, to loud, to whisper and back into silence. Do this as often as you need.

The second facet of the meditation is that it is a science and an art. It is an art in the way it molds consciousness, and in the refinement of sensation and insight it produces. It is a science in the tested certainty the results each technique produces. Meditations have coded actions to their reactions in the psyche. But because it is effective and exact it can also lead to problems <u>if not done properly</u>.

In kirtan kriya some people may experience headaches from practising it. The common reason is the improper circulation of prana in the solar centers. To avoid this problem or correct it if it has already occurred you must meditate on the primal sounds in the "L" form.

The "L" form means that when you meditate you feel there is a constant inflow of cosmic energy into your solar center, or tenth gate. As the energy enters the top chakra you place S,T,N or M there as you chant "SA," for example, the "a" part ends at the brow center on a flow of energy along the golden chord - the connection between the pineal and pituatary glands.

Chanting sa-ta-na-ma is the primal or nuclear form of SAT NAM. It has the energy of the atom in it since we are breaking the atom (or bij) of sound,"Sat Nam." And as you know, nuclear energy is much vaster than molecular energy.

This chant can be used in any position where the following conditions are met:

1) The spine is straight.
2) Focus at your brow point.
3) Use the "L" form meditation.
4) Vibrate the Panj Shabad in all three languages.
5) Use yogic common sense without fanaticism.

Yogiji said at Winter Solstice '72 that a person who wears pure white and meditates on this sound current for 2½ hours a day for one year will know the unknowable, and see the unseeable. Through this constant practice the mind awakens to the infinite capacity of the soul for sacrifice, service, and creation.

Gurucharan Singh

# SELF-ALTERED AND CREATIVE CONSCIOUSNESS

by Yogi Bhajan
June 4, 1973

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Tonight we'll discuss the basic and fundamental state of consciousness called self-altered and creative consciousness. The basic question is, that when we are all part of the universal consciousness, and there's a segment in us which relates to universal consciousness, then why does each man have a different taste? Each man has a different guru. Each man has a different concept. Why there are criminals; why there are saints? Why is there an A; why is there a Z? When our Maker is the same. We are all human beings. God has designed us. We accept that there's a God; we are not willing to say there's not. But seeing these differences we say there's no God.

This is how the theory goes. If there's no God what is there? They say no man is ultimate. Man in a man, is a man in a man, and man in a man is doing. So there came lot of religions out of this confusion. It is not that everybody accepts everything. Fundamentally there's one thing; thing is the same. There is a sun. At North Pole it is six months light and six months dark; at South Pole same way; at the Equator it is very hot; somewhere else it is cold. But the sun is warm. Depends on which side of the earth it shines on and how near it is to the sun. That decides the factor; sun has no problem. Earth has problem; but earth does not admit its problem. It says, "Sun is doing this; sun is very hot this summer. Sun It's very cold this time." Every problem is on the sun, but no problem is on this earth. This is what is going on; and why man has not progressed. Yet man feels man has progressed

You know, man is the biggest exploiter He thinks he has exploited everything, but the fool does not know every exploitation is his own. He exploits nothing. On this earth the problem is very simple. Matter cannot be created; it cannot be destroyed. All that happens is the evergy goes in and out of different forms. With that change of energy man is playing. And he is so weak, that his politics is the way he must govern himself. His behavior is based on that energy Money is the energy of the earth. Oil is the energy of the earth. Navigation is the energy of transportation. All facets of energy determine his pattern of existence and man has no pattern of his own. For whom all these patterns exist? He has no pattern of his own. He wanted patterns to facilitate him, and he became slave of those pattern! It is a self-altered state of consciousness.

Somebody got a lion cub. It was very very like a little cotton-like thing, very soft. So the guy played with it, put his finger in his mouth, tickled him, made him jump. So they grew together. After two years that little thing became a lion. So he started scratching him, and he started defending himself, and he got hurt. After a year more, one day he was just jumping around

with him, and the lion became nasty; the lion ducked him down and tore him apart. Lion is a lion; lion has to do what a lion has to do. But this guy was not willing to accept that of that lion when it was a little thing, and now cub is not little thing. Its power, its strength has grown greater than his. But there was no problem with this guy; he was naive.

We wanted patterns of energy to facilitate us. We thought we are on this earth planet. If we can use our mind on the matter, we can produce facility. Facility will give us happiness. We all agreed and our minds started working that way. First there was gold; after gold there was coal; after coal, now there is oil; after oil there will be something else. There is always something to fascinate man. And he wants the mastery That is the real pattern of the man; he wants the mastery. But it is unfortunate that that slave whom he wants to become master of becomes his master and he becomes its slave. And this is the pattern going on. So when man works on matter, matter works on man, and his faculty of delightfulness becomes dependent on solid gross matter. Do you understand what I am saying? Such a man can never enjoy happiness. It is not that he doesn't have the right of happiness. Don't misunderstand me. It was not that when his destiny was written, there was some nonsense about it. No! Everything is fine in this case, except one thing where he's tuning in. Where he beams his mind, that thing must give a reaction to him. Law of Karma is Law of Newton: action has a reaction, equal and opposite.

When your mind is beaming in, good for you. But on what it is beaming in? Matter. Then entire matter must beam back on you. Now, materially thinking, by weight, average man is 200 pounds. Let us presume this. It beams on matter. Now what is matter? Trillions of pounds. So where is the match? You cannot be just gross matter; you cannot be solid rock. Moment your mind loses the delicacy of flexibility, you are frustrated and miserable. Your wealth does not satisfy you, your boyfriend does not suit you, your whole house bites you, your sofa puts nails in you, everything becomes painful.

If your girl says, "You are my honey. I cannot live without you." You will say, "You shut up. Get out of here." Why? What happened? What made you do that? "Mind has become thick." When we say mind has become thick, in the mystic language it means the light from the man is becoming gross. But in other words, your vibrations have not been effective. You can't do what you intend. Your mental projection has become weak. When you run a battery tape recorder and the battery goes low, what happens? Listen to chanting on it. The same tape when battery is charged goes: Ek Ong Kar Sat Nam...you like it, right? When the battery is low, it goes like Eeeek Oooooong...because it cannot keep that rhythm of speed. Exactly with that analogy, you should understand what mind does.

I'll tell you in human communication. If a girlfriend of yours comes. She loves you, she has waited for you, you are coming for dinner, and you say, "Ah, thank you (in a weak voice). You have come."

You say, "What is wrong with you?" "Nothing." "I am not going to go in for dinner. What is wrong with you. Tell me, explain." "No. Shut up, don't ask me." He says, "Go to hell!" He takes the car and goes away. What happened? Battery was low. Right? Energy was not there.

In other words, your instrument did not produce the vibratory effect, because the charge of the cycle of the opposite polarity was not correct. When the cycle of the opposite polarity calculating the right rhythm, the psyche in between the matter in between does not form from the vibratory effect of the magnetic field. Therefore the nucleus is not right; therefore you are not right. X over X is equal to one: X is like simple calculus.

Let me first tell you what is going on with you, then I will tell you what is going to happen. Now this is the condition of the mind influenced by matter. What is matter to the mind? Matter is to the mind what mind is to the matter. Matter is the facility; it is for mind; it is not mind. Matter is that which can have some area, some weight. That's what I'm saying, matter is that which has weight. And anything you will put on mind which is a matter, is a weight, and when your mind is under weight, it is being crushed. It will never like it, period. It's a laborer's job.

But mind does need matter. You know why? If you want to run a train, you need a bamboo lever. It gives you facility; it runs the train for you; it runs the load for you. You use a lever. But if you are supposed to keep the bar up over your head, it's a punishment. If there's an iron bar given to you, and there's a big weight, you can use that bar like a lever and roll it. It gives you leverage. But suppose you are told to keep that bar, and keep your hands up over your head. In the army, when they want to punish somebody, they tell him, hold a rifle in the sky for half an hour. The guy sweats, yells, screams. It's pain; he can't do it. But with that same rifle he can kill an enemy. Something which was lever becomes weight, it becomes painful. Therefore mind should not be beamed on matter.

A second possibility and process is that mind should be beamed on the mental body of the self. Mind should be beamed on a mind? You know all those people who rap - ka, ka, ka; ka, ka, ka - they are like ducks. You hear their pattern. You know those graphs which a meter makes when the voice comes? You find it goes up and down all the time in the same rhythm. The rappers will talk all wisdom, but their graph will run between the same two lines all the time. You know why? They talk all wisdom, but it has no effect. You take any intellectual rapper. You know what will happen? The meter measuring his voice effects will just gauge in one small band. The needle will go in that way all the time. It's not going to go bursting out of the band; there

will be no triangle formed in that. There will be no effect on the heart or soul of the man. It means when I open my mouth, whatever effect I produce, the needle is always the same. It means when you leave, you leave as dead, unaltered.

What is exercise? Up and down, tension and relaxation. That is the best communication; that which produces tension and relaxation. But if I chant a constant toned aaaaaaa..... for a couple of minutes, you say that's irritating. The same sound if it goes up and down will soothe you. That is why music often goes up and down. You like it. But when mind starts working on mind, it is like two bulls fighting with each other. This way no action happens; man is neutralized. And neutral man is impotent. In that condition you are very happy when you talk but you are very unhappy when you live. When it's cold you talk how nights should be warm and sweet, but you never get a quilt. You didn't have money to buy it, neither did you make it. It is quack, quack, quack, but there's no egg. Mind over mind is the most useless way of human living.

There were two people; they fell in love with each other. They both were impotent. She was unable to bear a child; he was unable to produce a child. They loved, they wrestled all their lives, and they died. On their graveyards, one beautiful word was written on the stone: "These two beautiful people tried their level best, but could not produce anything." Their effort was absolutely 100% right; there was something wrong with the kingdom of God. So this was the consolation to them.

This is what a rapper does. He wins the mind of another person, but when it's a question of action, he has nothing to do with it. It creates a tremendous frustration. You will find many homes get broken when the husband is a schemer, and when a wife is a pusher. That home never lives. They say it is an earthquake to a happy home, when a man becomes a schemer and the wife becomes a pusher. Because the mentality of the two categories of human beings require a different facility. Since they work differently, there cannot be practiced peace, there cannot be a coziness.

So mind over mind is such a waste of human existence and energy. In other words, a master produces a slave, and the slave gets all that energy and becomes a master. Mind over matter is a very gross frustration, very thick and very crude; mind over mind is sophisticated frustration. "Honey, I'd like to tie you down with a gold chain." But chain is a chain. If it's an iron chain or a gold chain, what difference does it make? Chain is a chain.

But the third possibility and faculty is the faculty of the mind on the soul. When the faculty of mind beams on soul, it vibrates the soul. And then the universal soul starts vibrating on that mind. When the mind vibrates on soul, then the soul vibrates. Any soul which vibrates, being a part of the universal soul, gets the vibration of the universal soul, because the cycle of energy must be completed. Then what happens? Because the universal soul is the creative core of infinity, matter

runs to that soul to facilitate that mind. Then minds runs to that mind to facilitate its action. Such a man has control over matter and mind in the vicinity of his vibrations. That is why on this earth there are some rich and some poor; there are some tall, there are some short; there are some high, there are some low; there is a big, there is a small, wherever you look there is polarity. You can fire a rifle in the air; you can fire it in the water; you can fire it in the earth. You fire the gun each time but it is which direction you fire in that produces results.

Where does the problem lie? Problem comes in the very beginning, of life when the mind is innocent. We do not tune the mind and train the mind to relate to the soul. Later on mind gets in the habit to know the matter, and mind gets in the habit to know the mind. Then it can not work with that sophisticated, delicate thing known as soul.

If you take a child in a helicopter above town, and make him see all light and happy homes and everything is beautiful in the whole city; he likes it. But if he doesn't get that chance; when he's a big guy, he doesn't care anymore. It doesn't enchant him. You understand that? You ask executive of a company, "Let us go Hitchhiking." He say, "For what?" You tell a dance girl, "Let us go and meditate." She say, "For what?" They can't understand each other at all. Mine has gone into one faculty of thoughts and cannot understand another.

I was travelling in an airplane and couldn't get two seats together, for me and my secretary, so I got stuck with two girls, one on either side of me. The people who were accompanying me sat in the next seat. I sat down. I tied my belt, I looked around at the two pretty girls. I said, "Wow."
The girls next to me said, "You look different."
I said, "Yeah, but you look pretty."
And she said, "Oh?"
I said, "Yes. What else? Your friend looks pretty, too."
She said, "Oh! She looks pretty, too?" I said, "Yeah."
She asked me, "What do you do?" I said, "I am a contractor."
She said, "What kind of contractor are you?"
I said, "I do construction work."
She said, "You work buildings?"
I said, "No, I build builders of buildings." She said, "Oh, wow! Is it a company?"
I said, "Yeah."
"What is the name of it?"
I said, "3HO."
"So what kind of material do you use?"
I said, "Like yours."
"What?!"... I wanted to hit her point blank like a sharpshooter.
I said, "What is the matter? I use material like you."
"What? We are working in a dance company."
"That's true, dance company, bar company, hotel, restaurant, executive people. Either they get to come to me, or their children come to me. So it is a huge marketable, profitable thing. So I am doing a very pretty job of construction, and I do it on contract basis."
She said, "What is that?"
I said, "Well, if somebody comes and gets hooked on me, then I continue working, and finally, I shape that person."
I said, "What for you are going at midnight to Los Angeles?"
"To meet my boyfriend."

I said, "He'll be there to receive you?"
She said, "Yeah."
I said, "Great! You intend to marry him?"
She said, "I hope so."
That was the crux of her problem. I said, "What do you mean, hope so? You are going in dead of night, it'll be one o'clock in Los Angeles. He is going to pick you up, and you are just exposing yourself to him, just with the idea that you hope he will marry you?" She said, "What else can I do?"
I said, "Oh, what a 'chick' can do? If you would have thought that you are a valuable, graceful girl, and you are as pretty as you are - I told you that in the very beginning - and you knew your value, that you are real pretty, you would know that people come to fetch pretty things; pretty things don't go to people."
I said, "The greatest defect in people is, they don't know how pretty they are." I said, "Do you have a little mirror in your purse?"
She said, "Yeah."
I said, "Take it out."
So I said, "Look at your face. Is it really pretty?"
She said, "I think so."
I said, "That is where the trouble is, you don't think so. Honestly tell me, in this mirror, how you look."
She said, "I think I'm pretty."
I said, "If you really think you are pretty, then your boyfriend should have come at midnight to see you. You shouldn't have gone all the way to Los Angeles."
She said, "I wanted to go."
I said, "Maybe you are emotional."
She said, "That is true!"
I said, "Any woman who becomes emotional is considered weak, because all the sexual organs of the woman are inside. All the sex organs of the man are outside. Man is supposed to be emotional, not the woman. She's wrapped up in a cocoon. But aren't you projecting emotionally?
She said, "Wait a minute, what do you teach?"
I said, "One facet of my teaching is GGMWA. Grace of God Movement of Women of America." And then I laid the whole trip...until the captain said, "Now you tie your belt," and "No smoking," and all that stuff. She was an ultra ultra western girl, working as a single in a musical night-club company. You know what she asked? She said, "May I ask you one thing?"
I said, "Sure." She said, "Could you give me your address? or your telephone number? I don't have any friends, but I can find my friend in you." And I said, "On one condition. When you need me call me, but when you are happy, don't disturb me. Don't come around if you are alright. But when you're not alright, don't hesitate to call me." And there was one word she said, which is why I'm telling you this story. It really shook me up. She said, "There are some people, still on the earth, who can feel for others." And I could see immediately the eyes of that girl were very heavy, and then came the real topper. The other girl who was sitting with her, she didn't participate in the whole talk, but she was listening. All the time she was listening while looking out of the window. I said to her, "Well your friend is not interested in our talk." She said, "No. She's more sick than me. She's jealous of me for sitting next to you while she is not."

And you know that other girl immediately said, "How you know that?!" That much people want to talk; that much people want to be consoled, now. Why? Because now they do not know where to concentrate. On matter? NO! On mind? On soul? Yes.

But how? What is most effective is when you soul, your spirit is behind your words. That is effective. In human history, there is one example which has been recorded by the historians. And it is not a matter even 300 years old. When Deep Singh, Baba Deep Singh, a 79 year old Sikh took a vow that he should go and liberate the Golden Temple from enemy forces, he was told that it is against 500. He crossed the line and said, "Come on, those who want to win bodily the liberty of the freedom in their own consciousness." 500 people crossed the line. 500 against 500,000. That was the match.

Baba Deep Singh has a double-edged sword. It is still there in Amritsar. It weighs 18 kilo, because a sabre is just less than a kilo. 79 years old, total gray beard, but he was the leader. So he was praying. There was a big soul in it, when he talks. It is something that can do wonders. It was a total soul behind his words and prayer. He said, "This head is yours, but give me your power, that this head, if it has to go off the shoulders, it should go right in the vicinity of Harimandar, the Golden Temple. We should reach there." Now it is impossible. One man against 500 or over, 15 miles to fight. It is impossible. There's no way. But there was the power of mind on the soul. They did not walk even a couple yards when the enemy challenged them. They started fighting. Now for ten miles, this man, 79 year old man, just was cropping the enemy. That place is exactly 4½ miles from the Golden Temple where the commander took his challenge, and they isolated this one man alone with six more people. All around about 2000 soldiers fell on him. But he didn't give an inch. In this fight, with one blow he chopped off the commander and his horse both. It is a recorded history, what I'm telling you. But also one blow cut his iron, Sujad or helmet, and his head, too. His neck got cut. So with that he fell. But one wounded Sikh by his side, he said, "Babaji, we are not perfect. But you are. I heard you doing that prayer. The Golden Temple is still 4½ miles from here. Where your head is falling?" Then Baba Deep Singh said, "Then put my head on my neck, and place my left hand with it and push me up if you can." And in couple minutes, people saw blood coming out of his neck like a fountain, and his sword started mopping up everything. Seeing that scene, they ran away. They couldn't stand it. Because it was confirmed that they cut him down in two, and he's dead, and everything's fine. And when they saw him getting up, and doing the same thing, they said, "Now it is impossible." They ran away. Then there came a time when there was no blood left in the body, and Baba Deep Singh called that man again. He said, "How much away." He said, "It is within the reach of your throw. He said, "Then let the body be here; let the head go." He then threw his head to the Golden Temple. The enemy recorded that, and they recorded this face that it became such a fearful scene for the entire army that from a victorious position, they

ran 28 miles back to consider what happened. Give a man even half of that energy, and it's impossible to believe. It is impossible to even presume. But if we talk in a different language, you will immediately understand.

When a man calls on universal spirit, then the universal spirit makes a cycle, and he becomes a filament of that cycle. Life does not leave the body. It is a total physics, what I am talking to you. His death was total on the physical level, but the soul carried him. But when there was no blood left, what can soul do? You know, these three constituents-body, mind, and soul make the human. Now this psychic phenomena has to be understood only with that gesture and that concept. With what power you can think! And in what direction you can think. If your power of thinking and your direction of thinking is on matter, it won't matter much and it will not be a matter of a long time before you'll be sick and licked, when you'll think and direct on the mind, it will be a matter of time, when you'll be totally frustrated and boring to yourself. Nobody does anything to anybody. It is an involvement of the self. But when the mind is beamed on soul, it is only a matter of time before you will immediately know, feel and realize you have become immortal. Nothing can kill you. You have surmounted that.

Lord Krishna nobody would have remembered, but Valmiki wrote Mahbharata. That was history of that age. So written and preserved that even today, Lord Krishna lives. He exactly wrote as it is written in there. Many Sikhs came who were very divine, but there were ten gurus in that Siri Guru, and they have lived with us because the words of ecstasy were preserved by the paper.

Man does not live by his gross self. Gross self is given to him as a medium to vibrate. Man lives by his vibrations. No matter how much a man may be anti-Jesus. No matter how much you hate Jesus, you cannot say he was not a good man, because his goodness is all around. What are you going to do? He's the richest guy on the earth. He taught truth and he set an example which no Christian follows today. The Master is he who set the pattern. Whosoever does not follow the pattern and experience the pattern is not a follower of the Master, period! That's the law. Calling yourself Christian does not make you Christian.

Jesus was so blunt and outspoken! He said, "I am the only son of God, and my way is the Way." He accepted rhythmically, and affectionately guidance as God has been, as infinity; then, in his finite state, he said, "He's my father." And then he said it better. He said, "I am the only way, as humble as I am, as openly as I put the rituals down, as truthfully as I speak, that is the pattern." Now if you don't follow his pattern, how can you follow him? If you do not mould on him, what are you talking about? By shaving your head, you become a Buddhist? It's a kind of joke. Buddha was made a bikshu...beggar. In those days - try to understand human history - in those days man was punished in two ways. If any man's heir was chopped off, he was declared dead. For society he was dead. And the majority of the people pre-

ferred to get their head guillotined, then let their hair go. That was the principle all over the world, that was the law of those times. Men knew when the power of the potential, the kundalini, rises and opens up the 7th center, these hairs are a necessity. Old men knew it. And even today in the Christianity you will never find a Pope without yamaka. That is the old turban. And all the swamis, if you show them the picture of Swami Vivekananda, a shaven head bikshu, with a turban on. Why? Because when the lotus opens up like a sun and the solar center projects and controls the psychic power and controls the individual flight of the mind to the total universe, then the aura of the man has to be protected. And man found out by experience that a piece of cotton is the best. And God was not fooled, he attracted man by producing cotton to look like flowers. Man is very fascinated by flowers or he would never have found out cotton. He made a cotton plant and made the cotton flower like a flower so that man would get attracted. When man pulled the cotton he found it stretches. All that man needed to know was that something stretches. Then he is going to stretch it all the way. Then he needs more cotton, then he needs mills and he makes clothes and he puts designs and patterns on it. You know, give him a little hint. Man is such a remarkable animal! You give him one little thing, and he will go all the way. Once he has gone to moon, he is going to be all over the cosmos, and there will be no one here. All will be on the moon. That is how it works.

## ONG MEDITATION

Now we have to understand, clearly and consciously, how we can tune our mind to infinity. You should have started learning this when you were one day old. OK? Now one day plus all the days you have lived, that is your handicap. You've got to realize, I have 43 years and a couple months handicap. So just start imagining from that. It is that handicap which we have to overpower. And today we'll chant a mantra which does give us a secret power. There is a precondition on this mantra. Today I'll tell you the secret of chanting the ONG mantra. But unfortunately whenever you chant it, you must meditate first on the primal sound SA-TA-NA-MA, and then do it. Because sometime you may just get into your ego and chant it and not come back. So let me record that warning and then we are free, we can do it...

Now let us chant that sound today. Set yourself and follow my pattern. Just be in gyana mudra. Ong, Ong, Ong, Ong, Ong, Ong, Ong, Ong, (all join in) Ong, Ong... Keep up the sound. Ong, Ong, Ong.. Inhale. Relax. How do you feel?

There is no ng, ng. With the back of the tongue just create the sound of the vibratory effect. It creates the sound o,n,n, "ONG" but it looks like Om. Actually the sound created is the Ong, Ong, Ong, but you say it like "Ang." That will have it become heavier and heavier. It will vibrate the pineal and pituatary and when the pituitary starts vibrating the pineal has to come to help. The moment they start playing this game with each other, you go into the altered state.

Before this you must do SA-TA-NA-MA and after this you must do SA-TA-NA-MA. It is a definite requirement. Do this like a sauce, you know, 5,6,7 minutes. It is Om, Om, Om but you cannot do it with the lips. It becomes Ong, Ong, Ong, Ong.

If you chant this way one side of the throat starts choking, then both sides start choking when it is in that proper rhythm. In a couple of minutes you know where you are.

Q: Should it speed up?

A: No. You must be rhythmical. Sometimes you get so speeded up that somebody has to be by your side.

Q: Can we do it for 31 minutes?

A: This 31 minutes?! Are you kidding? 31 minutes!

Q: What's the longest we can do it?

A: Do it gradually, is what I mean. You can do it for all your life, then 31 minutes doesn't mean a thing, but start with 3 min., then 4 min., 5 min.

You know Nanak, God bless him, gave a Gur Mantra which does everything but does it nicely. These are very powerful mantras and I'm supposed to teach you. That's why I'm supposed to talk to you. I would not have taught you this four years ago at all, but now I think you understand better and I can trust you better.

I have to do my other jobs, so please understand this properly. This is a sound. Now you know it, don't make a demon out of it. It is a power, it's energy. Therefore, chant first SA-TA-NA-MA and just pull this number for 3, 4, 5 minutes and then chant again and relax and be out.

Note: This mantra is chanted 6 times every 5 seconds.

# SLEEP

Beginnings and endings are crucial points in any process. In our lives the beginning of an event determines the course of events to follow, and the way it ends effects how we can integrate the experience.

The beginning of our day is waking up. The ending is going to sleep. All men sleep. In fact, almost one third of our lives is spent in this somewhat mysterious state. In our society we have become so impatient and demanding on our time to do business and play that we often leave this side of ourselves unknown and unexamined. Alva Edison begrudged sleep as a waste of time and a curse to man. He was busy inventing the light bulb and had no time to spend in the darkness of sleep. Little did he know that sleep is also a time of integrating the day's experience and that many famous problems have been solved while asleep! We recognize sleep as pleasant, but we want it to be pleasant according to our own schedule and proportion. As a nation, we have taken to spending billions of dollars on sedatives, tranquilizers and wakeners with a result of more regular schedules and over 10,000 unnecessary deaths a year.

Nature is a wise mother who must be listened to. If we live in harmony with her, if our habits are consistent with her many rhythms and heartbeats, she favors us and our existence is prolonged. The rhythm of sleep is fundamental and natural. Between the darkness before birth and that of our end, sleep is and ebb and flow of lighter darkness that touches each day of our lives.

Yogic discipline is aware of the mental and physical results of poor sleeping habits. Science is growing ever more so, particularly since the decade of the sixties when major breakthroughs in sleep study were made. We know that different kinds of mental problems, and physical problems result in different sleep and dream patterns. In fact, it is often possible to use the sleep patterns of an individual to help diagnose his problems.

The scientific picture of sleep and waking is far from complete. Over ninety theories have come and gone and even now none exists that encompasses the province of sleep without need for apology. From these reams of research one is able to gain some perspective and respect for sleep.

Some people believe that sleep is a negative state, that without stimulation our mind goes into idle, then sleep. Water tank experiments and others show this is false. Sleep is a state, in fact several states, of positive consciousness in itself.

If we attach electrodes to a person to measure his brain wave patterns (with an EEG) and eye movement (with an EOG, electrocolugram), we can divide the sleep into stages. These stages have a certain amount of arbitrariness in them, but have been very useful in finding relations between physiological and psychological changes.

There are five steps normally recognized in getting to deep sleep. The first step is the threshold or approach stage. This is when we first lie down and includes even the approach to bed. In this first stage you feel a pressure to sleep. You have dreamlets, falling sensations, feel floaty, watch the muscles give their first grunt of

relaxation.

As you settle into the task of rest, stage I begins. The EEG records electrical waves that are irregular, low in voltage and rapidly changing. There are intermittent bursts of rapid eye movement (REM). This is the stage when if someone wakes you you protest that you weren't really asleep. After a few minutes in this stage, you pass into stage II.

In stage II the brain waves are still low in voltage but exhibit quick bursts of activity with waves at 12-14 cycles per second (cps). These bursts are called spindles. Eye movement shifts to slow eye movement (SEM). If your eyes are open here, you will not consciously see anything. If a sound awakens you, you may still protest you were really awake, but less coherently than before. It usually takes ten minutes to leave this stage.

Stage III begins when from the low voltage waves and spindles there emerges large slow waves with a frequency of 1-6 cps. These are called delta-waves. The amplitude of the waves is about 300 microvolts compared to a normal waking voltage of 60 microvolts. Breathing is regular, muscles completely relaxed, heart rate is slowed, blood pressure drops and body temperature is decreasing. It may become difficult to wake up.

Then comes the stage of peaceful oblivion, stage IV. This is usually called delta sleep. The brain waves are totally dominated by the slow long synchronous waves that made their appearance in stage III. Someone may shake you, and ring alarms but you will not hear the sounds. Your brain will record the sounds, but you pay no attention to them. It is in this stage that most walking, sleep talking and bed wetting occurs. If you are deprived of this stage of sleep some night, you will compensate for it the next night.

Researchers have spent tens of thousands of sleepless nights recording these and a multitude of other bio-chemical indices hoping to glimpse the structure and essence of sleep, and a few conclusions are outstanding. The consciousness of sleep has its own space and time structure that must be respected. If its integrity is not recognized we eventually get physically sick, depressed or neurotic.

The spacial part of sleep is the stages I just listed. Each stage has not only a different EEG but a totally different hormone balance in the blood. Two aspects of these stages are most important to understand: deep sleep (stage IV), and REM sleep (mostly in stage I and II).

The time structure is the natural rhythm of alternation between the different stages. A healthy person will experience stage IV mostly in the early hours of sleep. Even though your nerves are recording sounds your mind will not respond to them. This made scientists wonder what kinds of functions require such stubborn protection from the environment. Several groups of researchers have shown that the human growth hormone (HGH) reaches its peak in the blood during stage IV sleep. HGH is released by the pituitary and regulates height, weight, milk secretion and the activity of the sex hormones. And more important to mature bodies, it speeds the healing of broken bones, lowers blood cholesterol and encourages tissue growth. Severely depressed patients showed almost a complete lack of stage IV sleep. So the sleep rhythm requires a certain proportion of time in each stage.

It was REM sleep that actually caught the scientific eye and opened to view the basic pulsation of the sleep rhythm. REM excited the scientists' dials and earned the name of "paradoxical sleep." It is the time when your skeletal muscles completely relax. Outer activity seems to cease. But the inner show is spectacular. Blood pressure shoots up, sometimes greater than while you are awake. Respiration becomes erratic. Blood oxygen may drop as low as if you were fainting. Oxygen activity and consumption by the body is very rapid. The adrenal and sex hormones become plentiful in the blood. In healthy men every REM period is accompanied by an automatic non-sexually stimulated penile erection. If awakened in the REM state, you will remember a flood of dreams but they will seem weird and irrational. In non-REM sleep (NREM), all bodily functions are regular. Blood pressure is low, more blood goes to the brain than while awake, more sweating occurs and you tend not to recall any dreams. If you do recall something, it will be very clear and conceptual, similar to waking descriptions. With this uniqueness, REM was very easy to recognize and study.

An average sleeper oscillates in a regular rhythm of REM periods, throughout sleep and into each day. Each REM period lasts about 11 minutes. They are shorter in early sleep, longer in the later hours. They occur for the average person every 108 minutes or about 1½ hours. This rhthym is basic to sleep.

Partly from these studies, an increasingly accepted approach to the study of states of consciousness is to measure the rhythms of all the biological and psychological functions associated with each state. This is the bio-rhythm approach. When a natural rhythm is interrupted, or several rhythms are pushed out of phase from each other, sickness results. For example, the temperature of your body varies about two degrees a day. When the temperature is high you feel good and mentally acute. At the lowest point you will feel uncoordinated, cranky, chilled and dull-witted. The person who rises out of bed feeling immediately awake, is bio-rhythmically tuned to have his body temperature rise before awakening. In cockroaches, the daily activity cycles is controlled by a secondary brain. If a transplant is done between two cockroaches with the same daily rhythm, there is no prlblem. If the transplant is between two cockroaches whose cycles are twelve hours different, they develop cancer. All this points out that the cycles are coordinated in sleep are delicately balanced. And grandmother was correct when she said to keep regular hours of sleeping and waking.

If you are deprived of your natural share of REM sleep you become jittery, weak and upon next opportunity to sleep you will be flooded with REM. If that is not allowed your daydreams will take up the task. Yogis claim to dream very little if at all. This seems to counter the necessity for REM. Not actually. During meditation the phases of REM that usually occur in the sleep are worked out. But why not just sleep? The activity of the REM state seems to be a time when people adapt emotionally. All the files of the days' emotions that went un-dealt with are placed before the mind. If a fearful image comes up, it stimulates a

fearful response in your physiology and gets stored in memory accordingly. Whenever a person is learning, the REM sleep increases. Accident victims who have lost speech due to brain damage show increased REM periods when they learn new speech, but none when they do not. So REM is a time when we memorize and adapt to current experience. Then why work it out in our meditation? During a proper meditation, your entire physiology changes and you become very constant and neutral in your personality. In this state a fearful image will not produce fear. So the image does not get stored in memory as a block or anxiety complex. Meditation acts like a filter to what thoughts are accepted into the subconscious. By practicing every day, you begin to extend this capacity into the day. Although all thoughts come to you, every negative thought is balanced and every positive thought is balanced before pressing into memory and the subconscious.

With this speculative reasoning you can better understand the "layout state" that is experienced after an exercise class in Kundalini yoga. Many people characterize this particular state by three factors: lots of vivid, irrational imagery, jerks of the body musculature, and a feeling of leaving the body. The first two concern us now, for they are signs of REM paradoxical sleep. The jumps you may see a student go through during layout are called myoclinic jerks. They are normal signs of a consciousness passing into deep stages. After a Kundalini yoga kriya the hormones in the blood and brain have been significantly altered so that even though the emotional images may come in great numbers, the brain accepts them more neutrally than when you are awake or asleep. It is an automatic state that performs some of the functions of meditation. On this basis you should not lay out too long. For then the blood hormones readjust to normal and the period becomes one of normal REM sleep and encodement. There is a lot of potential research in these statements and some interesting implications for the analyst in psychology.

Whether in regular sleep or meditation the REM rhythm will still exist. In yoga, this is recognized: you cannot stop the intellect from producing thoughts, you can only train the intelligence to filter them.

It is important to develop regular habits of sleep. Look at the bio-rhythm of adrenal hormone release. It is directly tuned to the sleep cycle. Adrenal hormones enter the blood in spurts near each REM period. The hormone controls our activity energy level. If you work days and then shifted to a night schedule, you would experience listlessness, discoordination and grumpiness. The adrenal hormones won't adjust for about two weeks, and body temperature stays ill-timed for about three weeks. If you return to the previous normal schedule, the hormones and temperature readjust in two or three days. So habits imposed on us by external events like day and night, or internal decisions work themselves deep into our involuntary autonomic nervous system. We are very habitual creatures. But we have a habit of not believing, we have a habit! So we push our schedules any way we feel. The 3HO way of life incorporates the ancient methods of dealing with these biorhythms to stimulate maximum physical and mental health.

With this awareness, it should

be difficult to risk coaxing your body to sleep with drugs. Studies show that drug induced sleep is not the same as normal sleep. People who take amphetamines, barbituates, alcohol, hypnotics and marijuana are interfering with the basic rhythms in their lives. These all suppress REM periods. These hours of sleeping rhythm set the phase for kidney activity, elimination functions, body temperature, and many other inter-linked functions. If we shift the hours of sleep, or suppress its normal rhythm by drugs, all the functions must shift accordingly. But each part of the body shifts at different rates. So kidneys, liver, and adrenals will not be coordinated. It's like trying to put a car in gear without the clutch.

To become aware of your own natural, individualized rhythm and live a life that coordinates them with universal rhythms is part of the art and science of yoga. Suppose you are taking a nap during the day. Then some times of day are better than others. In the morning hours REM sleep will dominate, while in the afternoon, deep sleep or stage IV increases. It is difficult to come out of stage IV sleep and not be groggy. So a nap at noon or before is better for a short and lively recovery of energy.

From all the research one thing is clear; the more we know, the more we know that we don't know. The body and mind are complex and composed of many rhythms. Sleep is a complex, non-unitary process made up of a progression of bio-rhythms which have their own timing and represent different phases of body-mind activity. Habits and regularity are keys to keeping the system safe from disharmony and illness.

In an average sleeper, most of the first half of a night's sleep is spent in stage IV, but not continuously. After about 1½ hours you rise out of stage IV all the way to stage II or I. But now you can sleep through loud noises and at the same time be aware of a slight whisper. You will go through 3-7 cycles of the stages in a night's sleep.

## THE YOGIC APPROACH

The general rule of yoga is "not too little, not too much." This applies to sleep. In the younger stage of life, the neonate like the hedgehog may spend as many as 20 out of 24 hours asleep. A few years later it seems the youngster never sleeps! A young adult can get by healthfully on six hours of rest. A study by the Army confirms this. It shows that people who slept much longer than this got progressively more lethargic and irritable during the day. The old rule of eight hours sleep has no basis. If you are a Kundalini yoga student, doing a good sadhana, and are young, then a sleep time of 4½-5 hours is recommended. You must tune to your body, however. These figures are only averages. There are reasons for so few hours rest. If you go directly in a deep sleep and do not dream too much, the energy will be totally recovered within that time. Dreaming too much begins to drain you of rest and peace. It is a practice of Kundalini yoga to generate more semen and to conserve it. One common source of lost semen for men is a wet dream. These generally occur in the early hours of the morning before dawn. To stop this outflow of vital fluids,

sleep needs to be between 4 and 5 hours. It is also good to establish a habit of doing exercises and meditation between 3 A.M. and 6 A.M.

These are eight stages of sleep that correspond to those delineated by scientists'

1. Intention to sleep: this includes the habit of sleeping at a regular hour.
2. Pressure of sleep: this is when the thought of sleep has started the body to call on you for it.
3. Lying down with eyes closed, stage I.
4. Sleeping: this corresponds to stage II sleep.
5. Dreaming and sleep: this corresponds to stage III sleep.
6. Sound sleep: this is stage IV.
7. Returning from sleep.
8. Out of sleep.

Both the body and mind may interfere with getting to sleep. If your mind is upset and your body nervous, sit on a soft mat in any cross-legged manner. Put the left arm straight with the first finger folded under thumb (gyana mudra), rest it on your knee. Plug the right nostril with the thumb of the right hand with remaining fingers pointing straight up. Begin long, deep complete inhales and exhales. Continue for 5-15 minutes, meditating on the rhythmic flow of breath. This will even out your emotions.

## GOING TO SLEEP

A beautiful habit to develop is a preparation for sleep. One way is first to clear your bladder and bowels. Next brush your teeth well with a mixture of two parts potassium alum to one part salt. Brush the root of the tongue and gag out the mucous that accumulates in the throat. Then drink a glass of water, so your urine is not too concentrated in the morning. Clean out the nostrils, then rub a small amount of almond or olive oil, or vaseline, into the membranes and outside. Put your feet in cold water, dry briskly with rough towel, and then apply some oil to each foot. Massage the feet while tuning the mind to be carefree and place all the day's worries aside for a few hours. In particular, massage the areas of the foot and the arch, and the pads between the second and third toes. Lie down in bed on your stomach, placing your fists under the navel point. With your head to one side, begin long, deep breaths. Soon you will feel the pressure to rest. At that point, turn gracefully on your side and continue with gentle, deep breaths. Within three minutes you should fall into a blissful, deep sleep. The best of all positions for restful sleep which supplies proper tension to the spinal column and gives a night massage to your tattered nerves is to rest on your back in corpse pose.

## COMING OUT OF SLEEP

The worst treatment your nervous system can get from you is when you jump out of bed in the morning. It is far healthier and will give you more energy for the whole day if you will wake up gradually and consciously. You should watch animals wake up. A dog will take a few deep breaths and stretch all his muscles, twist his spine with eyes closed and then he will relax and slowly get up.

Before you wake in the morning your mind always gives you a signal

Then a state of imageless or deep sleep is obtained. The brain is still active and recharging on its level and the mind is active but not in the brain.

Sometimes dreams bother our sleep to the point of insomnia. Or they forget their place and splash over into the day so that we become day-dreamy and cannot concentrate on what we are doing. To help alleviate these problems there is a simple kriya:

Sit down on a very soft mat after taking a cold shower. Make a U of the right hand and plug the right nostril with the thumb. Begin with breath of fire (B/F) through the left nostril for five minutes, then switch to long, slow, deep breath through the same nostril. When you feel tired and relaxed with your spine erect and your arms straight on the knees, hands in gyana mudra, go into a deep and pleasant meditation. During this period you will be conditioned to get out of mental desires and dream trouble. Try to extend this time as long as possible. Then when you want to shift out of this state begin B/F through both nostrils for five minutes. Afterwards, lie down for 10-15 minutes of rest on your back. If this exercise is faithfully done for 27 days, the dream problem should be eliminated.

## SLEEP AND DEATH

Sleep is a gentle death to yogis. It is a time when one may take advantage of the sequence of changes the mind goes through to prepare for the final death. Both in sleep and death your consciousness leaves the physical body. The environment of emotion and thought that surrounds the mind at the time of death determines what experiences the soul will have afterwards. The first condition of being freed from the earth plane and the karmic bonds is that the soul leaves the body through the highest chakra called the tenth gate. This corresponds to the fontanel area that is soft on the top of your head as a child. There is a simple and effective practice for this transition. Everytime you lie down to sleep, clear the mind fully. Relax the tensions of the body and draw your prana or consciousness to the top of your skull. Then mentally produce a sound current of "Waho-guru." Waho means infinite and guru means wisdom. On the sound Waho feel the body is energized and this energy moves toward the pineal gland and top of the head. On guru feel you are released and in the vast display of stars and galaxies that make up our cosmos. After you produce this mantra mentally several times you should assume the attitude of listening to it as if you do not produce it, and drift into sleep. This is best practiced while lying on your back.

## MISCELLANEOUS

There are several miscellany that help improve sleep:

1. It is best to wear very little or very light clothing.
2. The mattress or pad you sleep on should be firm, not soft or saggy if you want to avoid backaches and treat your spine to good health.
3. The room you sleep in should be well ventilated. Poor ventilation combined with too many green plants that produce $CO_2$ at night provides stifling sleep.

to awake. At that signal, turn on your back with eyes closed. Make your hands like cups and place them over your eyes. Look into the palms and slowly raise your hands to 1½ feet. Then stretch the legs forward, arms over your head, and stretch like a cat. Arch the spine and flex all of your muscles both left and right. Then bring together and raise feet six inches from the ground, keeping the legs straight, and also raise your head six inches and fix your eyes on your toes. Point your fingertips toward the toes with arms beside the hips but not touching them. Hold this position for 1-3 minutes, with long deep breaths or breath of fire. Relax 2-3 minutes. Then bring knees up to chest and hold to eliminate gas. Rock back and forth to massage spine. Then sit straight with arms straight on your knees, arms in gyana mudra. Take at least 26 long deep complete breaths, and feel that energy is charging the bloodstream and the breath is re-charging every cell in your body. Then to build your aura, put your arms at sixty degree angles and fingertips on pads of the hands. Do rapid nostril breathing (B/F) for 1-3 minutes. Inhale and bring your thumb tips together over your head, exhale and feel great.

This may seem a lot to get out of bed, but with practice takes only a few minutes, and you will never get out of the "wrong side of the bed."

After getting out of bed, brush the teeth and the root of the tongue and clear the throat; then drink a couple of glasses of lukewarm spring water. During the night much bacteria accumulates in the mouth and it needs to be cleaned out. The tongue is an intestinal barometer and should be pink and clear. If it is coated your diet and exercising need tuning up. Then pop into the shower. The morning shower is a great experience and preparation for the day. While in the shower, massage your entire body and let your thoughts be positive and unhurried. If you know a mantra or song to praise the Creator of this universe, now is the time to sing it. Sometimes, massage your body before showering to keep the skin healthy. At the end of the shower, the water should be made cold. Let the cold water run over your neck, spine, and soles of the feet for a few minutes. This may be hard at first, but within a week or so it becomes quite pleasant. The cold shower improves circulation and tunes up the nervous system. Then dry off by rubbing the entire body with a course towel and start the day or your sadhana with a smile.

## DREAMS

The dreams of sleep have many sources in the yogic tradition. They are normally the outcome of unfinished desires of the day. In the dream state, the mind may act through the uncomplete actions and wishes of a person. At other times a person may see events that will happen in the future or have happened in the distant past. This is when the pituitary gland is functioning fully and opening the psychic valves of the mind.

In the Aphorisms of Patanjali, a classical but brief treatise on Raja Yoga, the deep sleep state is mentioned. During sleep the mind does not stay centered in the brain or body. Instead, the higher conscious mind of a person withdraws slowly from the brain leaving the reactive or reflex part of the mind behind.

4. Let your body be perpendicular to the earth's magnetic line of force so that your energy in your aura does not drain out along them. Arrange the bed east-west for this. Your head can be in either direction.

Studies on men exploring polar regions of the earth show that sleep is more difficult there. Despite the heavy work and harsh environment, which usually induces sleep, hardly any of the men studied showed stage IV sleep. When the scientists and explorers returned to their home lands, it took as long as a year for them to attain a healthy amount of deep stage sleep each night. The reasons, according to a government study, for the aberration was the magnetic field at the pole.

That the human being is extremely sensitive to magnetic field changes is well established. Yves Rocard, a physics professor at the Sorbonne in France, found that people would respond to gradients as small as 3.5 milligauss. A study in Canada showed that mental patients had periods of extreme mobility and increased disorientation whenever there were large magnetic changes from the weather or sunspots.

5. Try not to eat before sleep. In fact, it is best if the evening meal is not overly large and is eaten at least 4½ hours before retiring.

6. Herbs: Herbs can be used to help overcome insomnia and sleeplessness. Yogi tea will stimulate you If you have trouble sleeping and you already have a regular diet and do sufficient exercise, then try tea made from catnip. Chamomile tea is often more effective than this. Camomile has a volatile glucoxide oil that has been shown to cause physical relaxation. It was one of the favorite remedies of the ancient Greeks for digestive trouble, childbirth and insomnia. One doctor claims that it can increase the flow of bile by two times. For sleeplessness, try a cup in the early evening and another ½ hour before bed. Mix equal portions of camomile, hops, and salvia in a pot. Bring to a boil and take the pot off the stove immediately. Cover and let steep for 10-15 minutes. The quantities depend on your taste and individual requirements.

Other herbs that can be taken as teas to help you sleep well are peppermint, mullien and skullcap.

7. Vitamin $B_1$ is used to change sugars into energy and store energy as fats. The more you exercise and work, the more of this and all the B vitamins you need. In particular, if you sleep less hours, then you expend more energy. So B vitamins should be in the diet at least in the form of good home made yoghourt or wheat germ.

8. Calcium is used to calm the nervous system activity. A deficiency in this often leads to mild, then severe nervousness and insomnia. Since milk is a high source of calcium the old remedy of a glass of warm milk (mixed with a little honey) is good advice. The warmth draws blood to quicken digestion and releases tensions in the abdominal area, and the calcium calms the nerves. If the case is severe, extra calcium may be taken through the day and with the milk before retiring.

With the practice of this knowledge about sleep your entire life can become more pleasant. If you want to test out a more rigorous approach to conquering the problems and regulation of sleep and dreams. here are two kriyas for your experimentation:

I. To go immediately into deep sleep, from your back come into bridge pose. Feet flat on ground, back and thighs raised parallel to the ground, palms on the floor and the neck relaxed back. Holding this position begin B/F. In 5 minute intervals or continuously up to 20 minutes, depending on your capacity. Then relax on your back.

II. Conquer Sleep Kriya

1. Sit on your heels for 1 min. with spine at 60° angle while doing long deep breathing. Then inhale, hold and relax. Repeat 2-3 times.
2. Sit in an easy cross-legged pose. Fold your arms in front of the chest with palms on elbows. Then move in a circular motion as if grinding something at the base of the spine. Continue for 3 minutes.
3. Immediately stretch legs straight, put hands on the ground next to your hips and with an inhale lift your body off the ground. With the exhale drop on your buttocks. Do this body drop 20 times.
4. Repeat exercise #2 for 3 minutes.
5. Then immediately do 15 body drops.
6. Come into bridge pose with easy normal breath for 1 minute. Then begin B/F for 3 minutes. Inhale, hold, then exhale and apply mul bandh.
7. Completely relax.

With the sharing and practice of this knowledge perhaps sleep in our lives will be a peaceful place not to be overused or avoided for the darkness there. And then as tired souls that seek comfort we may feel like the oft read Macbeth when he pleads for,

"Sleep that knits up the
ravell'd sleeve of care,
The death of each day's life,
sore laborer's bath,
Balm of hurt minds,
Great nature's second course,
Chief nourisher in life's
feast..."

Gurucharan Singh

# WOMEN: PART ONE

by Yogi Bhajan
March, 1973

Ladies, if you do not agree with me tonight, it is okay, because truth is very bitter, and we are going to speak it, and you are going to freak out. The dirt is going to come out and you are going to dislike it. In advance, before we start, my apologies.

Unfortunate is that mother who does not understand the greatest privilege God gave to a woman: that out of her own vibratory control, she can produce another being, which is not the privilege of any other creature on this planet She has the power to create another human being out of her womb, and she can vibrate the effect that even the effective destiny of the child can be reconstructed.

During the first three years, the mother has the power to affect her child to any extent. It's known as building the basis of the image. When the mother builds the basis of the image to any extent, there is no power on this planet which can wipe out that image from the child. He shall receive it. From three years to eight years she can inspire him to the image of the father: what kind of man he should be. You can only tell the child and train him up to eight years. That's it. After that, there's no use. You may try your level best.

Now, idiot as you are, you do not understand one thing. Children are not puppets: they are not cats and dogs in the house. They are individuals, with their individual identities; they are more sensitive and sensible than you. Their relationship with you is that you guide them. They don't want you to hassle them. If you will not understand a child's identity, you will never love that child, and that child, when he grows older and becomes beautiful, will not love you, whatever you may do. You may buy all the toys for him, do everything for him, but you have lost him. Children are not puppets. They are not your ashtrays, and furniture in your homes. You control them and you want to attract them; they will never like it.

Children live on vibrations; they live in sounds. They create sounds when they are hungry; when they want their mothers they will create a kind of sound. They are like very beautiful animals, who have got the sensory system of sound working all the time. They sometimes automatically laugh, they sometimes cry; they do many things spontaneously and independent of you.

But sometimes, you become overly protective of your children. And whenever parents become overly protective, children

hate them. When you become under-protective, it messes up the relationship also. Let the children be children, and let you be you. That is the way it has to be established. Don't create them, don't tell them anything, but always answer truthfully and correctly.

Recently, a fourteen year old girl realized what a fool her father was. Her mother was divorced but always told her how beautiful her father was. But the girl always felt bad about the mother for hiding the truth about the father. If he was such a good father, then why was she divorced? Then the father went through some legal problems and was reported in the news. The girl heard the real stories about her father and had no sympathy for her mother. When her mother told her the truth, she said, "Too late, you liar. I'll never see you. I'll never talk to you. I hate you."

Many of you have suffered in the hands of parents. My idea to talk you you tonight is: you better become good parents. Your parents have not been good; you have suffered. You become good parents so that your children may not suffer.

Each child has his own identity and it must be respected. Only then will the child trust you. Once you lose the trust of the child, you can not earn it back. It is a very dangerous game. Children are not your servants who you can hire and fire, and your home is not an office. No boss is a boss at home, and no woman is a manipulator in the family.

If you love a man, all you have to do to lose him is act insecure. Just act insecure. You may be married to a God-like husband; he will leave you. Because you do not satisfy his polarity, and if you do not satisfy his polarity, he cannot be constant in his behavior towards you. That is a cosmic law. If you act insecure and he is still hassling with you, he must be a very divine and compassionate person.

Normally men love women for one reason: to find a polarity and coziness, inspiration. That's all it is. Don't misunderstand. Sex? Nobody marries a woman for sex. Forget it. You can go to a prostitute and do that thing. You don't want it. They get perverted, they do masturbation, they get homosexual; God knows how many forces there are in a man's life with sex. But those who want to get married, want to get married for one purpose only. Those who want to love you and live with you, they have one purpose. The main purpose is that you can satisfy the polarity of the man. If a man is a very high ideal, conscious person, and you get into "groupie" consciousness, you will lose him faster than you can think of. You must match a man in consciousness if you want to live with and remain married to him.

Male has a sun ego, and he does want to relate to a woman for appreciation and for inspiration. Appreciation and inspiration. Please remember: if you cannot do these two to the man for the rest of his life, do not get married to the man. Why to have a divorce?

Normally girls tell me, "Yogiji, I had a very rotten past." I know. You all have, but what should I do? What was yesterday? Monday? What is today? Is it going to be Monday today? No. Then why are you hassling about Monday, which has already gone? Your past is past. Your future is based in the present.

If a man likes you, he likes you <u>now</u>. And if you all the time lay your past on him, you must understand what you are doing

to him. And when you lay your past on your children, there is nothing worse in this world than you. There's no word that can describe your low nature at that moment when you really lay all your past experience, dirt, pain, agony and insecurity and use the child as an excuse. The child is never going to forgive you. You should be cautious, because what is built in the children cannot be wiped out.

You must understand, your children are your future, you're going to raise them. I know certain ladies; they get pregnant only to get welfare. I also know certain ladies who get pregnant to get a divorce.

Now with that kind of situation we live in this country. That is our pattern. We have totally forgotten the beauty of the marriage institution! It comes from the word "merry" which means to be happy, to live together in a happy atmosphere. That is all gone. Now it is a matter of convenience, it is a matter of security, it is a matter of satisfying the sex instinct.

First of all, the fundamentals of marriage are wrong. We date that man. Man dates the girl and girl dates the man, whatever you want to call it. And we are sneakish in that. Neither I want to open my cards before the man, nor he wants to tell me anything about him. Nothing. How he smells, how he sleeps with you, how he takes you, where he takes you, what status he has got; all that jazz. But these things you say can change. Rich man can become poor; poor can become rich. So what are you talking about? Nobody looks into his soul; what kind of man he is, what kind of man he will be, what is his pattern of behavior, how true he is, how much true is his word, how much compassion does he have? You people are worse than a meat dealer.

For heaven's sake, and for your own sake, if you ever try to marry a person, that is one area where you should be open, truthful, constant and cautious. Otherwise, do not run that risk. Train yourself how to be husband, train yourself how to be father, train yourself how to be a graceful man in society, train yourself how to say a thing and then honor that thing. Do it nicely, gracefully and do it to prove to yourself that you are really capable, honest and conscious in doing it. Otherwise your children will never forgive you.

I know in a modern society everybody's alike. I know what values we have. You know them, too. But you also know there's pain in the broken home, there's pain in the broken family. It's very painful to today's children to be just status and pets. Children have their own identity, their own identification to exist, their own personality to receive and project, their own environments, their own destiny. As parents you have just one right; to help them. Therefore you must have a deep understanding of children. Don't think they're cats and pets in the house. "Sit down. Get up. Sit up now. Shut up. Close the door. I'll spank you." What is this all about? Because that little guy is a couple of years old, and you are 44? That's why you can run around like that?

I went to see a child; she's almost a Sat Nam child. She was very little when she used to come to yoga class. The child was happy; it was trying to draw attention, you know. It was very logically psychological. There's nothing wrong in that. The child must do it to identify with the identity of his

presence, because he psychologically knows he's so little he wants to expand himself. And that is where children expand themselves. So Mom got her right away. She finally said, "So and so, shut that door!" Her voice looked like a bullet coming out of a machine gun. I called the mother. I said to her, "That's not the way to address that child." She said, "Yogiji, you address her." I said, "Hi child so-and-so. That door is requesting to be closed. Will you please help that door to be closed?" She said, "Yeah, Yogiji, Sat Nam." And she went and closed it, very lightly. I said, "Action has a reaction. Newton proved it. Third law. When you shouted at her, all she did was banged the door and ran. Now she could have fallen and broken her teeth. What would have happened to you? You would not even have eaten and gone to hospital. And then would have, perhaps, been cursing, 'Yogi came, and child got hurt.' Now why couldn't you be gentle with her?" She said, "She was loud all the time when company comes. Sometimes the neighbors come and they don't like it." I said, "Tell them goodbye. Why don't they like it? They love their children. They should love your children, too. Why are you pressuring your child to behave like a trained dog?

There is a man I wanted to visit. In his house he had a big dog. He told the dog, "Receive Yogiji." So he walked on hind legs and held out his hand. And all that drama he showed me. And in my consciousness, I was so ashamed. We all do this to our own children.

You can't mess up your children, because when you're old you'll be living in an old home, and they're never going to come and visit. It doesn't matter what your parents are. Start the cycle of reactions. If you become good, reasonable and respectable parents the future can become beautiful. Try to be married, try to live married, and try to be graceful. And stop calling the girls "chicks" and "birds". They are beautiful human beings; you are born out of woman. There shall never be peace to your heart if that kind of vibration hits your brain all the time.

Remember, this a law I'm translating to you: THOSE WHO LEARN AN ART TO EXPLOIT WOMAN; NATURE EXPLOITS THEM EVER AND EVER. It's a very serious situation when men folks get involved in exploitation.

It is very graceful for a woman to be graceful. It's very graceful for a man to be a graceful man. That's all that's needed. There's no competition between the two. Two human beings for two different functions to supplement and to cooperate with each other, like two good friends do to each other. "I stand for you and you stand for me, and that's the way we are going to do it."

Men are sometimes so foolish that they think they are married to their mothers. And that is the most ridiculous imagination even to start with. Your wife is not your Mom, she's your woman. One man told me, "Well, I used to sleep with my Mom, now I sleep with my wife. What difference is it?" Now that is far out. I cannot explain that situation. If you can go that extent, then only God can bless you, I can't help you. But your Mom changed your diapers, your wife is not going to do it. You've got to understand and learn the difference in responsibility.

Neither should a woman cater to the image that she is married to a baby and she has to

run him with her little finger. This is one area where there should be mutual respect, mutual tolerance, and mutual understanding, and there should be mutual trust.

I know this a very touchy subject. Sex is the greatest problem in the USA. United Sex Allergy= USA. This allergy is almost incurable.

I close this day with one couplet which I never forget. There was an emperor. Deceitfully, the British took over his empire and put him in a prison. Then he wrote this: "Zephyr, why speak of that man, who while in his happiness and joy, does not remember God, but whose anger and agony is not afraid of God?" Because God is nothing; God is not a little guy who lives on the 7th sky. Don't make Him that way. God is the unknown potential of you. Every known has an unknown potential. And that we call the God is the potential of this known. The unknown potential of the known is God. G is the generating principle, O is the organizing principle and D is the destroying principle. This totality of three letters,G O D, makes one word; GOD. Don't think the guy is some senator from the White House, on the 18th floor of the sky. And he has a full cabinet and angels who run the computers and switch buttons and send the life current. When you were a little boy, somebody said, "How's money made?" You said, "At night the stars fall, and in the morning a foreman collects them and puts them in a trailer." Don't live in those fairy tales. God is your own potential, unlimited Self. That's all it is. Try to imagine it!

# THE SWORD IN THE STONE

## THE STORY

This beautifully animated and produced Disney film is a viewing must. It is the story of a humble servant boy's ascent from kitchen scrubman to the King of all England: King Arthur - defender of Truth, founder of the Brotherhood of the Round (symbol of infinity) Table.

There was a time in England when a successor to the throne was in doubt. All knights would fight. Political battles were widespread. The strong preyed on the weak. Darkness seemed to triumph.

Then a sign, a requirement was given: an anvil appeared with a sword stuck into its heart. Whosoever freed the sword from its iron prison was the rightful king. Since the anvil was maya and the sword the power of truth, all knights failed who had the nature of attaining power. For power is not gotten with power. Soon the test was forgotten.

The main protagonists appear:
Merlin (Yogiji): a madcap visionary who sees the far future and past and works white magic for educational purposes.
Arthur or "Wort" (student-teacher): an unread, unseeing, but sincere young boy.
Archimedes (Shakti Parwha):a thoroughly educated owl who watches everything.

## ARTHUR'S JOURNEY

Saram Pod: Arthur comes under the protection of his teacher, Merlin, by fate and accepts his guidance. Merlin promises to educate the boy for great things. He leads him from the forest of darkness, past a crazy wolf (Arthur's negative ego), and then back to Arthur's regular castle duties.

Karam Pod:
Stage I: Then Arthur begins to ask questions and do as Merlin asks. He is changed into a fish to learn the ways of the world anew and in short order. He has a new clothing and laws to operate by. Here he learns by great trial:

Law of Polarity: All things have an up and down, never be dis-couraged; always live in-couraged.
Law of Self Attainment: You must feel the growth of self; it lets you have a vision to build on and an appreciation of the vast previously unknown resources God has put in you.
Law of Sacrifice: The vision is built, the soul is cut, the mind will grow only with sacrifice.

To make sure he learns all this, Merlin sets Arthur loose with all the danger of a giant fish, strong currents, etc., with only a word of "keep up" to guide him. Experience on your own is the only real teacher.
Stage II: As Arthur learns these first lessons of being a man he must now find out what we all must: where there is man, there is woman! As a squirrel he is encountered by a red-haired and very persistent shakti. He finds that this polarity is a natural law and a woman with constant love can overpower a man, inspire him in times of danger, save him in negativity and teach him that sacrificial love is the greatest of all forces, even greater than all of Merlin's other magic.
Stage III: As he returns to his duties in the castle, his strange ideas and vision make his father,

family, and society ostracize him and take away his previously earned station as a squire. It is here that he realizes that being at his lowest point only means that every move is a step upward. So he vows to aim higher and re-educate himself starting with the alphabet. He begins to learn not as a squire but as a knight (Sikh). This illustrates the necessity of discarding old family-related self-concepts and habit patterns so that there is the possibility of growth towards the Infinity.

Shakti Pod: As he finishes basics, his fondest dream of dreams is granted - to fly like a bird. "The only way to fly is to fly." As he soon discovers, he has an inborn talent for flying and even outdoes owl. But in this high place where he feels his own power, there still exists the danger of a Hawk (fear) who chases him into a deep forest (Shakti Pod) to the house of Madame Mim (negativity, use of powers and the denial of your teacher). She threatens to devour the tiny bird (Arthur) if he defends Merlin as the best teacher. He does, so she tries. At the last moment Merlin appears and takes the battle from his student to a duel of wizards.

Merlin and Madame Mim duel by changing their bodies into different fighting animals. This way they test their mastery of maya and the ability to keep a cool mind focused on the essence of creativity. Then Madame Mim turns into a huge dragon (ego). Merlin wins by reducing himself to the smallest of the small - a germ that carries a fatal disease (humility) to all dragons. Arthur saw that "Knowledge and Wisdom is the real power."

Sat Pod: Passing his earlier test Arthur returns as a squire to finish his duty in a tournament to determine the new king. He loses the sword with which his knight is to do battle, and in his fervor of duty draws the magic sword from the anvil. No one believes him, so he is tested publicly. Many try with the strength of desire and muscle, but he wins with the necessity of duty and the strength of whole-hearted devotion.

Sahaj Pod: With Arthur King, Merlin returns to him to guide the formation of a holy order of soldier saints. Arthur is thankful and lives to be written of for centuries to come

THE CRITIQUE

A great object lesson full of comedy, hope and truth.

G.S.